

Youth Mental Health: Building an e-health toolbox

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Web based interactive information

The screenshot shows the REACH OUT.COM website. The header is blue with the site logo on the left and navigation links (FIND, EXPLORE, CONNECT) in the center. On the right, there are links for ABOUT REACH OUT, MY REACH OUT, LOG IN, and JOIN, along with a HELP LINE & EMERGENCY INFO icon. Below the header, there are social media icons for Facebook, Twitter, and RSS, and a search bar with a GO button. The main content area is dark grey. On the left, there is a large graphic with the word 'blog' in a stylized font, surrounded by speech bubbles that say 'WHAT'S ON?', 'JOIN THE CONVERSATION', 'CONNECT TO REACH OUT', and 'GET INVOLVED!'. Below this graphic are 'Prev', 'Next', 'Pause', and 'Resume' buttons. To the right of the graphic is a video player titled 'ARE YOU NEW TO REACH OUT?' with the subtitle 'See how Reach Out has helped others like you through a tough time'. The video player shows a scene with two people in a dark, maze-like environment. Below the video player is a list of tags: news, depression, suicide, music, help, grief, loss, wellbeing, inspiration, The Nudge, media, happiness, optimism, stress, study, alone. Further down is a section titled 'ON THE BLOG' with three blog posts. Each post has a small image, a title, a date, a comment count, a short excerpt, and a link to read the full blog post. The first post is 'How to make the most of your brother or sister' by 16-Aug-2010 with 3 comments. The second is 'International Year of Youth...That's YOU!' by 13-Aug-2010 with 0 comments. The third is 'The Butterfly Effect' by 02-Aug-2010 with 0 comments. On the far left, there is a sidebar with two main sections: 'FIND INFO, STORIES + HELP' and 'CONNECT TO THE REACH OUT COMMUNITY'. Under 'FIND', there is a list of 'Issues' and a list of 'Getting help'. Under 'CONNECT', there is a list of 'Issues' and a list of 'Getting help'.

REACH OUT.COM FIND EXPLORE CONNECT ABOUT REACH OUT MY REACH OUT LOG IN JOIN HELP LINE & EMERGENCY INFO

facebook twitter rss SEARCH: GO

blog WHAT'S ON? JOIN THE CONVERSATION CONNECT TO REACH OUT GET INVOLVED!

Prev Next Pause Resume

ARE YOU NEW TO REACH OUT?
See how Reach Out has helped others like you through a tough time

You Are Not Alone

news depression suicide music help grief loss wellbeing inspiration The Nudge media happiness optimism stress study alone

ON THE BLOG

How to make the most of your brother or sister
16-Aug-2010 | Comments (3)
They can be a joy and a pain, how to keep yourself sane...
» Click through to read the full blog post

International Year of Youth...That's YOU!
13-Aug-2010 | Comments (0)
"Youth should be given a chance to take an active part in the decision-making of local, national and global levels." United Nations Secretary-General Ban Ki-moon.
» Click through to read the full blog post

The Butterfly Effect
02-Aug-2010 | Comments (0)
"When I was a caterpillar - I felt alone in my cocoon. Now, I am this butterfly who spread its wing to becoming free from everything. I to, want to make a difference in my journey" -OL
» Click through to read the full blog post

FIND INFO, STORIES + HELP

Issues

- » Mental health difficulties
- » Alcohol + other drugs
- » Family + other relationships
- » Managing Independence
- » Loss + grief
- » Physical health issues
- » Safety + violence
- » School, uni + TAFE
- » Sex + pregnancy
- » Sexuality + coming out

Getting help

- » Emergency help
- » Who can help you
- » Therapy + medication
- » Help a friend
- » Help yourself

CONNECT TO THE REACH OUT COMMUNITY



Web based interactive treatment

e-hub Self-Help Programs for Mental Health & Wellbeing

e-hub's suite of online self-help services is based on the best available evidence and evaluated through high quality research. They can be used anonymously, 24 hours a day, from anywhere in the world. All programs are provided free of charge thanks to funding by the Australian Commonwealth Department of Health and Ageing.



e-hub Self-help for
Mental Health and
Wellbeing on Facebook



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[Click here to enter e-hub's ANU website](#)



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Education support options

BBC Home News Sport Radio TV Weather Languages Search

BBC LEARNING ENGLISH

Home

- General & Business English
- Grammar, Vocabulary & Pronunciation
- Quizzes
- The Flatmates
- Community
- For teachers
- Specials
- About us
- Downloads

Words in the News
UN appeals for more Pakistan flood aid

▶ **General & Business English**
Stand up straight!
6 Minute English: 12 August 2010
What would they write about you?
6 Minute English: 5 August 2010

▶ **Grammar, Vocabulary & Pronunciation**
Russian heat hits global economy
Words in the News: 13 August 2010
Former Thai leader's court appeal fails
Words in the News: 11 August 2010
Likely
Ask about English: 10 August 2010
Japan remembers Nagasaki
Words in the News: 9 August 2010
Oil leak repairs start final stages
Words in the News: 6 August 2010

▶ **The Flatmates**
The Flatmates on YouTube
Episode 55
The Flatmates on YouTube
Episode 54

▶ **Crossword Basketball**

▶ **Quizzes**
Quiznet 'As'
Crossword
Opposites

▶ **Community**
Blogs
Student, teacher and staff blogs
Message board

▶ **For teachers**
Dictation
A vote and discussion for teachers

▶ **About us**
Meet the team
Site Map

Quiet students
A vote and discussion for teachers

Student blog
Marina
Kazakhstan

August blogger
Marina from Kazakhstan

Peru
Your photos of costumes and celebrations

Downloads
The last 7 days' audio, video and text to take away

Our regular features

- Words in the News**
Monday, Wednesday, Friday
- Ask about English**
Tuesday
- The Flatmates on YouTube**
Tuesday
- Quiznet**
Wednesday

› www.bbc.co.uk/worldservice/learningenglish/



Web based cognitive remediation





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Web based cognitive remediation

ABC Radio TV Shop News Sport Local Children Science Environment more Topics help Keywords ABC Search


SERIOUS GAMES INITIATIVE

ABC Television

HOME EXAMPLES PARTNER UP RESOURCES CONTACT

EXAMPLES


INTERNATIONAL



FOOD FORCE
Publisher: World Food Programme
Year: 2005

One of the most well-known and highly regarded serious games, Food Force was commissioned by the United Nations' World Food Programme, and aims to educate the user about the causes, effects and solutions to famine in third world nations.


www.food-force.com



DARFUR IS DYING
Publisher: mtvU/Save Darfur Coalition
Year: 2006

Darfur is Dying is a game that seeks to inform the user about the conditions in which people live in the warring region of Darfur in Western Sudan. The player is tasked with controlling the members of a family caught in the middle of the conflict. As a chosen family member you have to gather water to help grow crops, but to get to the water you have to avoid roving bands of militia, who will murder anyone they find. Darfur is Dying is one of the best known and influential of all serious games.

www.darfurisdying.com



RE-MISSION
Publisher: Hope Lab
Year: 2006

Developed primarily as a therapeutic game, Re-Mission is an action shooting game which takes the user inside the human body. In a similar style to the 1966 sci-fi classic Fantastic Voyage, the player is shrunk down to the size of a single cell and is then injected into the body of a patient suffering cancer. The aim of the game is to educate young cancer patients about what is happening to their bodies, and to give them a sense hope in their treatment.

www.re-mission.net

› <http://www.abc.net.au/tv/seriousgames/default.html>



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Web based cognitive remediation



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HEALTH A to Z

A B C D E F G H I J K L
M N O P Q R S T U V W
X Y Z

MEDICAL DICTIONARY

To find the meaning of medical words, search our Medical Dictionary

HEALTH CENTRES

- Addictions
- Allergy
- Arthritis
- Asthma
- Babies & Pregnancy
- Cancer Care
- Complementary Medicine
- Diabetes
- Eye Health
- First Aid & Self-Care
- Gastrointestinal Health
- Hearing Health
- Heart & Stroke
- Health Images
- Kids' & Teens' Health
- Men's Health
- Mental Health
- Nutrition & Weight
- Pain
- Respiratory Health
- Seniors' Health
- Sexual Health
- Skin & Hair
- Sports & Fitness
- Tests & Investigations
- Travel Health
- Women's Health

myDr Healthcare Professionals

- Find a Dietitian
- Find a GP
- Find an Optometrist
- Find a Pharmacy
- Find a Physio
- Find a Podiatrist

Top Consumer Medicines Information

- Endone
- Tramadol

Dental Health Week: 2-8 August 2010

Brush up on dental health matters during Dental Health Week.



- Toothache
- Dental conditions during pregnancy
- Tooth anatomy
- Oral health
- Tooth brushing helps fight heart disease

For more, see the [myDr Dental health](#) topic page.

World Breastfeeding Week: 1-7 August 2010

Breast feeding has many advantages for you and your baby, and it's free! Find out how to give yourself the best chance of being able to breast feed, and what to do when you have problems.



- Breast feeding
- Breast feeding your baby
- Engorgement and mastitis
- Breast milk expressing

For more, see the [myDr Babies & Pregnancy Centre](#).

Healthy Bones Week: 1-7 August 2010

Calcium is important for building and maintaining bones throughout all stages of life. Find out if you're getting enough with our [Daily Calcium Requirements Calculator](#).



- Calcium-boosting ideas for your diet
- Osteoporosis: lowering risk
- Osteoporosis: 29-year-old Nicola's story



National Diabetes Week: 11-17 July 2010

With type 2 diabetes becoming increasingly common, check your risk with our [Diabetes Risk Test](#), and get the latest from the [myDr Diabetes Centre](#) during National Diabetes Week.



SEARCH FOR HEALTH INFORMATION

- Health Information
- Medicines (CMI)
- Support and self-help groups

[Advanced Search](#)

FIND A HEALTH PROFESSIONAL

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Thinking about a coffee?



Cup of Coffee*

WITH SUGAR
35 calories

WITH SPLENDA®
7 calories

* comparison based on coffee sweetened with two teaspoons of sugar

[Splenda](#) Think sugar. Use **SPLENDA**®
®Registered Trade Mark McNeil Nutritionals LLC, USA

MEDICINES

Find out more about your medicines
Search Australia's largest database of Consumer Medicine Information



myDr Calculators & Tools

- Alcohol Calculator
- Baby Due Date Calculator
- Basal Metabolic Rate Calculator
- Body Mass Index (BMI) Calculator
- Bowel Cancer Risk Test
- Breast Cancer Risk Test
- Calories burned calculator
- Child Energy Requirements Calculator
- Daily Calcium Requirements Calculator
- Daily Fibre calculator
- Depression Self-Assessment
- Diabetes Risk Test
- Heart disease risk assessment
- Ideal Weight Calculator
- Infectious Disease Exclusion Period Test

<http://www.mydr.com.au>

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